



SEARED SALMON & COUSCOUS TABBOULEH

with Lemon Yoghurt & Roasted Seeds



Make a quick tabbouleh



Vegetable Stock



Couscous



Tomato



Cucumber



Spring Onion



Parsley



Mint



Greek Yoghurt



Lemon



Salmon



Roasted Seed Mix

Hands-on: **15 mins**
Ready in: **30 mins**

Eat me first

Low calorie

Couscous tabbouleh is a winning side dish – it's fast, fresh and full of flavour. Serve it next to gently seared salmon and a lemon yoghurt, plus add a sprinkling of roasted seeds for extra goodness and crunch. This meal is a star performer!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE COUSCOUS

In a medium saucepan, combine the **water (for the couscous)** and the crumbled **vegetable stock (1/2 cube for 2 people / 1 cube for 4 people)** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Set aside for **5 minutes**, or until all the water is absorbed. Fluff up with a fork and set aside, uncovered, to cool slightly.



4 COOK THE SALMON

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Pat the **salmon** dry with paper towel and season both sides with a **pinch of salt** and **pepper**. **TIP:** *Patting the skin dry helps it crisp up in the pan!* When the oil is hot, add the salmon to the pan, skin-side down, and cook for **2-4 minutes** on each side (depending on thickness), or until just cooked through. Transfer to a plate to rest.



2 GET PREPPED

Finely chop the **tomato** and **cucumber**. Thinly slice the **spring onion (see ingredients list)**. Finely chop the **parsley**. Pick the **mint** leaves and thinly slice.



5 BRING IT ALL TOGETHER

While the salmon is resting, add the **tomato, cucumber, spring onion, parsley, mint** and a **squeeze of lemon juice** to the saucepan with the **couscous**. **Drizzle** with a little **olive oil** and mix well to combine. Add the **salt** and a **pinch of pepper**. **TIP:** *Add as little or as much lemon juice as you like depending on your taste.*



3 MAKE THE LEMON YOGHURT

In a small bowl, combine the **Greek yoghurt**, a **squeeze of lemon juice** and the **water (for the dressing)**. Season with **salt** and **pepper**, **drizzle** with a little **olive oil** and mix well. Set aside.



6 SERVE UP

Divide the couscous tabbouleh between plates. Top with the seared salmon, spoon over the lemon yoghurt and sprinkle with the **roasted seed mix**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
tomato	1	2
cucumber	1	2
spring onion	½ bunch	1 bunch
parsley	1 bunch	1 bunch
mint	1 bunch	1 bunch
Greek yoghurt	1 pack (100 g)	2 packs (200 g)
lemon	½	1
water* (for the dressing)	2 tsp	4 tsp
salmon	1 packet	1 packet
salt*	¼ tsp	½ tsp
roasted seed mix	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (542Cal)	565kJ (135Cal)
Protein (g)	41.0g	10.2g
Fat, total (g)	20.7g	5.2g
- saturated (g)	4.9g	1.2g
Carbohydrate (g)	45.0g	11.2g
- sugars (g)	7.4g	1.8g
Sodium (g)	685mg	170mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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